

What is Claimed:

1. A portable vertebrae decompression support device comprising

a pair of arm rests,

at least one base member adapted to rest on a seat,

at least one first support affixed to the base member and to one of the arm rests between a middle and a front end of the arm rest,

at least one second support affixed to the base member and one of the arm rests between the middle and a rear end of the arm rest,

said first and second supports being adjustable for selectively adjusting the height of the arm rests with respect to the base member, and

whereby the arm rests are connected to each other via the first and second supports and the base member.

2. The device of claim 1 wherein the support device does not extend to the floor.

3. The device of claim 1 wherein the entire weight of the device does not exceed ten pounds.

4. The device of claim 1 wherein the longest distance between the base and arm rests does not exceed a distance from the elbows to the buttocks of a large person in a seated position.

5. The device of claim 4 wherein the longest distance does not exceed twelve inches.

6. The device of claim 1 wherein the shortest distance between the base and arm rests is not less than a distance from the elbows to the buttocks of a small person in a seated position.

7. The device of claim 6 wherein the shortest distance does not exceed five inches.

8. The device of claim 1 wherein the spacing between the arm rests is adjustable.

9. The device of claim 8 wherein the adjustability is provided by one or more removable pivots connecting the arm rests.

10. The device of claim 1 wherein straps are provided to restrict the movement of the arms, torso or the device.

11. The device of claim 1 wherein the seat is a chair seat, a bench seat, a car seat, a bed or other similar support.

12. The device of claim 1 wherein the arm rests are padded.

13. The device of claim 1 having adjustment for expanding, or contracting, the device to accommodate a person of larger, or smaller, girth.

14. The device of claim 1 further comprising a back rest.

15. The device of claim 1 wherein the arm rests are crutch shaped.

16. The device of claim 1 wherein the arm rests form a generally circular configuration.

17. The device of claim 1 wherein the base has a non-skid type of material on the bottom side.